



Welcome to July! This month is all about lighting up your wellness journey with firecracker energy, enjoying those long, sun-filled days, and finding fun in every healthy step. We're kicking off July with new, lower prices AND, a BIG 4th of July Sale to help you reach your goals for less! Plus, our Refer a Friend program isn't just about sharing the love; it's also about saving you 50% off of your next purchase. So, let's dive into a month packed with good vibes, great progress, and fantastic savings!



50% OFF!
Use our "Refer Friends"
and get a 50% off
discount for each friend
that places an order.
Spread the love -
Support others!

Splash & Burn

While the family is splashing around in the pool, swim a few laps, then do some active resting (like treading water or walking laps), then repeat. It's a fantastic, low-impact way to get your heart rate up, secretly torch some calories, and make those family pool days even more refreshing and rewarding!



High Protein Italian Pasta Salad

This month, we're serving up a dish that's perfect for barbecues, picnics, or simply a light summer meal! This easy-to-make Italian salad is deliciously satisfying and won't leave you feeling like you swallowed a pool float!

<https://myproteinpantry.com/high-protein-italian-pasta-salad/#recipe>

